

Gulf LMSC Annual Meeting

September 17, 2025 In-person held at Cottonwood, 7 pm

Social hour began at 6:30 pm. Attendees were provided free food and drinks.

The meeting was called to order at 7:10 pm.

Nicole Christensen, Chairman, welcomed all attendees.

The Jesse Coon Award was presented to Alana Wilson.

The Emmett Hines Award was presented to John Keen and Linda Visser.

At the USMS Annual Meeting, the USMS Open Water Service Award was presented to Nicole Christensen and Andreas Lorenz.

Nicole reported on upcoming events with highlights on the upcoming First Time for Everything Meet on Sept. 20, the Gulf hosted Hallowmeet on Nov. 2, and the Sabine Weiser meet on Nov. 15-16.

The Gulf Officers and committee Chairs introduced themselves and gave brief highlights of 2025. See attached reports for more details.

Club representatives that were present introduced themselves. Any teams that had not completed a Club Representative form were requested to do so.

Nicole gave a review of the upcoming 2026 Zone Championship meets and the Grand Prix open water series.

Attendees were given the opportunity to ask questions.

The tentative date for the next meeting will be December 3rd with November 19 as the second choice.

The meeting was adjourned at 7:45 pm. Attendees were encouraged to stay and socialize.

ATTENDANCE:

Board members: Nicole Christensen-Chairman (DADS); Stacey Eicks-Vice-Chair (WMST); Karlene Denby-Treasurer, Fitness Chair, and Newsletter Editor (COOG); Kris Wingenroth-Secretary (TFY), Linda Visser-Registrar and Top Ten (DADS); Kevin Lunsford-Sanctions (UNAT);

Patrick Harrington-Coaches (MACA); Andreas Lorenz-Open Water/Long Distance (DADS); Delia Weber-Social Media (FCST)
absent: Herb Schwab-Officials (UNAT); Ann Bass Sanchez-Diversity and Inclusion (UNAT)

Representation by team

COOG: Angie Quiroga Torres, plus Board member Karlene Denby

DADS: Alisha Anderson, John Keen, plus Board members: Nicole Christensen, Andreas Lorenz, Linda Visser

FCST: Board member: Dehlia Weber

MACA: Board member: Patrick Harrington

RICE: Seth Huston, Guy Buls

SHAC: Ben Fleming, Emily Sheahan

TFY: Mark Hahn, Allan Sommer, plus Board member: Kris Wingenroth

WMST: Neil Gregerson, Jessica Platt, Alana Wilson, Jacob Wilson plus Board member: Stacey Eicks

UNAT: Board member: Kevin Lunsford

Teams not represented:

AQSR	MAMC
BATS	MOB
BTA	NOCIM
CFSC	SPAM
ETEX	SSC
FBMS	SSSMS
FRSTM	SWYM
HOUST	TASCM
KAMS	TEST
LJST	

Gulf LMSC Annual Meeting – September 17, 2025

Karlene Denby (Fitness Chair, Newsletter Editor, Treasurer)

Fitness Chair Report

Since the last annual meeting held on December 7, 2024, the Gulf has sponsored three fitness related events.

- The post-event social for the 2024 Virtual Swim to San Antonio was held at Saint Arnold's Brewery in February. Event participation awards were distributed at the gathering.
- Gulf Swim University was held for the eleventh year. Each of the 45 entrants received a custom designed tee shirt as well as an event swim cap with the cap color designating the degree level attained. The post-event social was held at Star Pizza in May. For the first time, guests were invited, paying a nominal \$10 fee. There were over 25 people at the social.
- A second fitness event, the Swim Around Lake Tahoe, began on September 1 and will run through December 31. Over 30 Gulf swimmers have signed up for the event. All entrants will receive a participation award and will be invited to a post-event social.

Newsletter Editor Report

The Gulf LMSC newsletter, the Chlorine Chronicles, is available on the Gulf website quarterly. Each newsletter provides a nutrition/wellness article, a swim workout, upcoming events, and other articles of interest to our members. There have been four newsletters published since the last LMSC annual meeting held on December 7, 2024.

Treasurer's Report

As of August 29, 2025, the Gulf has total assets of \$ 80,786.00 at Frost Bank as follows:

- \$ 2,914.23 Checking Account
- \$ 10,627.16 Savings Account
- \$ 12,000.00 CD #1 – maturity date 11/27/25 (180 days at 3.03%)
- \$ 43,812.30 CD #2 – maturity date 09/16/25 (90 days at 3.45%)
- \$ 11,612.31 CD #3 – maturity date 01/01/26 (180 days at 3.03%)

I have also provided the following documents:

- Gulf Statement of Financial Position as of August 29, 2025
- Gulf Checking Account Revenue and Expenditures as of August 29, 2025
- Gulf 2025 Annual Budget

Gulf Masters Swimming Committee

Statement of Financial Position as of August 29, 2025

Assets		
Current Assets:		
Cash in Checking Account	\$ 2,734.23	
Cash in Savings Account	\$10,627.16	
Other Assets:		
CD # 1 - Maturity Date 11/27/25	\$12,000.00	180 day at 3.03%
CD # 2 - Maturity Date 09/16/25	\$43,812.30	90 day at 3.45%
CD # 3 - Maturity Date 01/01/26	\$11,612.31	180 day at 3.03%
Total Assets	\$ 80,786.00	
Liabilities & Fund Balance		
Current Liabilities	\$ -	
Fund Balance	\$80,786.00	
Total Liabilities & Fund Balance	\$ 80,786.00	

Sanctions Chair Report

Annual Meeting, September 17, 2025

The following events were Sanctioned for 2025:

Type	Event	Date
Pool	Sweetheart Swim	February 16, 2025
Pool	Rice March Madness	March 3, 2025
Open Water	Lake Longhorn Open Water Roundup	April 13, 2025
Pool	South Central Zones, Spring Championships	April 4-6, 2025
Pool	Graham Johnson Invitational	June 1, 2025
Pool	FCST First Time for Everything	September 20, 2025
Pool	Halloween Fun Meet	November 2, 2025
Pool	Sabine Weiser November Classic	November 15-16, 2025

Kevin Lunsford
Sanctions Chair

Coaches Committee Report for the annual meeting:

The major path of the Coaches Committee is to induce Master Coaches collaboration and connection in the GULF LMSC region. The idea to promote and conduct stroke clinics came up with one Masters club showing interest but that did not materialize.

This will be the priority push this upcoming year.

Patrick Harrington
Coaches Chair

Long Distance Open Water Report 2025

In 2025 the Gulf LMSC offered several events focused around the USMS Virtual Championships.

- A. In January we held the 4th Annual 1-Hour Swim Challenge. This year we offered 2 locations for the first time. The swim was held on consecutive weekends at the end of the month. One event was at Dad's Club and the other at the Kingwood Park Highschool.
- B. The 5000/10000 Virtual Swim took place earlier this year to avoid high water and air temperatures. Like last year Swim Houston Aquatics generously offered their pool for our 2nd 5000/10000 Virtual Championship. The 5000 took place on a Saturday; the 10000 planned for Sunday, had to be cancelled due to illness. We will be back in 2026

- C. For the second time we held a Long Course Open Practice, open to all Gulf swimmers this year: In June Dad's Club was again the location for this event. We offered coached practices for Long/Mid and Short Distance swimmers as well as IM and New-comers. We had 25 participants.
- D. On the first weekend of October the Virtual Championship season will come a close with our 3000/6000 Virtual Championship at Kingwood Park Highschool.

This summarizes the GULF LMSC's activities for 2025 for Long Distance and Open Water.

Forecast for 2026

For 2026 we are planning events for all Virtual Championships again. It is my goal to add event locations whenever possible to make access easier. The tentative calendar looks as follows:

January: 1-Hour Swim – with a goal for 3 locations

June: 5000/10000 Virtual Swim

June: Long Course Practice

June: Open Water Clinic (at Dad's Club in 50m pool with several lane lines removed) – this is a new event

October: 3000/6000 Virtual Swim

Andreas Lorenz
Open Water Long Distance Chair

Gulf Masters Swimming

Diversity & Inclusion Annual Report

Prepared for: Annual Gulf Masters Swim Meeting

Prepared by: Anna Bass Sanchez, Diversity & Inclusion Chair

Date: September 17, 2025

1. Overview

This year, our Diversity and Inclusion efforts focused on expanding access to swimming through adult learn-to-swim (ALTS) programs. We continue to strive toward making USMS feel welcoming and accessible to swimmers of all backgrounds and ability levels.

2. 2025 Adult Learn-to-Swim Programs

- Spring Sessions: In April, we offered adult learn-to-swim classes. Although we experienced a smaller turnout compared to our earlier session, the program provided valuable instruction to participants who gained confidence and foundational swimming skills.
- Attendance Insight: After reviewing participant feedback and attendance patterns, we saw that evening classes after work draw higher attendance than Saturday morning sessions.

3. 2026 Planning and Grant Application

- USMS ALTS Grant: I am applying for the upcoming USMS Adult Learn-to-Swim Grant opening in October.
- Earlier Experience: Having successfully written and received a grant for Youth Learn-to-Swim lessons, I am confident in our ability to secure funding with the ALT grant.

4. Goals with 2026 Grant Funding

- Central Houston Location: Secure a central Houston pool to host early evening adult learn-to-swim lessons.
- Certified Instructors: Partner with fellow ALTS-certified instructors to teach lessons and expand our reach.
- Community Impact: Encourage more adults to learn to swim, build water confidence, and experience the benefits of joining USMS.

5. Vision for Inclusion

Our long-term goal is to ensure USMS feels accessible to swimmers of all levels, and to extend adult swim opportunities to areas of our community where swim programs do not currently exist. By doing so, we aim to grow our already strong and diverse Masters Swimming community.

6. Closing

We are excited to continue this mission of creating a welcoming environment and look forward to the positive impact our programs will have in the coming year.